The Critical Days of Summer Are Here . . .

Do You Have the Right Safety ATTITUDE?

101 DAYS OF SUMMER SAFETY 2006

A Message from the Fort A.P. Hill Safety Office

Summer means fun for Service Members and DoD civilians, but also is a high-risk period. Families take to the highways to visit friends and loved ones or to vacation. The Critical Days of Summer between May and September, is an especially high-risk period because of increased travel and outdoor activities. Members of the Fort A.P. Hill team too often participate in trips or outdoor activities without first conducting complete a risk management process. Prevent mishaps and avoid tragedy during these critical days by thinking beforehand about what you're going to do, whether taking a long trip or going to the beach. Always remember to Work, Play, Live…Safely!

101 DAYS OF SUMMER SAFETY 2006

o. 1 Killer of Service Members

TRAFFIC MISHAPS

National Safety Council Fact Sheets revealed that 18.3 million motor vehicle crashes were reported in 2002. These crashes resulted in 2.3 million injuries and 44,000 deaths – or about 120 deaths per day.

It is estimated that 90% of all motor vehicle crashes – about 16.4 million of those listed above – are attributable, at least in part, to driver behaviors and attitudes.

- **Fatal Factors in Traffic**
- **Traffic Safety Tips**

Source: Campaign Safe and Sober/National Highway Traffic Safety Administration

Traffic Mishaps

FATAL FACTORS IN TRAFFIC MISHAPS

- Speeding
- Aggressive Driving
- Distracted Driving
- Drinking and Driving
- Drowsy Driving
- Not Using Seat Belts
- Failure to Yield the Right of Way

Traffic Mishaps

Fatal Factors

SPEEDING

Speeding is a contributing factor in crashes that kill approximately 12,000 people each year. Speeding reduces the time a driver has to avoid a crash and increases the likelihood and severity of the crash.

- In 2002, exceeding the posted speed limit or driving at an unsafe speed was the most common error in fatal crashes.
- Every 10 MPH traveled over 50 MPH doubles the risk of death if a crash occurs. For example, at 80 MPH the chances of dying if involved in a crash are eight times greater than at 50 MPH. On a 10-mile trip, this increased risk results in only four minutes of reduced travel time.

Source: National Safety Council/Crash-Free June Fact Sheet 2004

Safe at Any Speed

Traffic Mishaps

AGGRESSIVE DRIVING

Fatal Factors

Operating a vehicle in a way that endangers other people and property – such as improper passing, weaving in and out of traffic, or following too closely – compromises the safety of both the driver and everyone around them.

- Aggressive driving typically encompasses: speeding, tailgating, making frequent sudden lane changes, failure to yield right-of-way, and disregarding traffic signals. These types of behaviors cause over 50% of all crashes.
- Seemingly harmless maneuvers can be considered aggressive when performed knowingly or without regard for other drivers.
- Aggressive driving can escalate into “road rage,” which is defined as “using a vehicle as a weapon with intent to do harm or physical assault of an individual as a result of a traffic occurrence.” Committing road rage is a criminal offense.

Source: National Safety Council/Crash-Free June Fact Sheet 2004

• **Cool It On the Road**

Traffic Mishaps

Fatal Factors

DISTRACTED DRIVING

It only takes a second for a crash to happen. Distractions occur when drivers concentrate on something other than operating their vehicles – such as engaging in cell phone conversations.

- The National Highway Traffic Safety Administration (NHTSA) estimates that 25% of all crashes involve some form of driver distraction.
- Drivers who use cell phones in their vehicles have a higher risk of collision than drivers who either do not use cell phones or have lower usage while driving.
- A recent NHTSA survey found that nearly 75% of drivers reported using their phone while driving, and an estimated 60% of cell phone use takes place behind the wheel.

Sources:
National Safety Council/Crash-Free June Fact Sheet 2004
National Highway Traffic Safety Administration

Don't Drive Distracted

Traffic Mishaps

DRINKING AND DRIVING

Fatal Factors

Alcohol and driving are like water and oil. They don't mix! Alcohol accounts for as many as 24,000 deaths each year and 3 out of 10 people will be involved in an alcohol-related accident sometime in their lives. You can avoid becoming a statistic by being able to recognize a hazardous driver. Being able to spot a drunk driver may help you avoid an accident. The following is a list of warning signs to look for while you are driving:

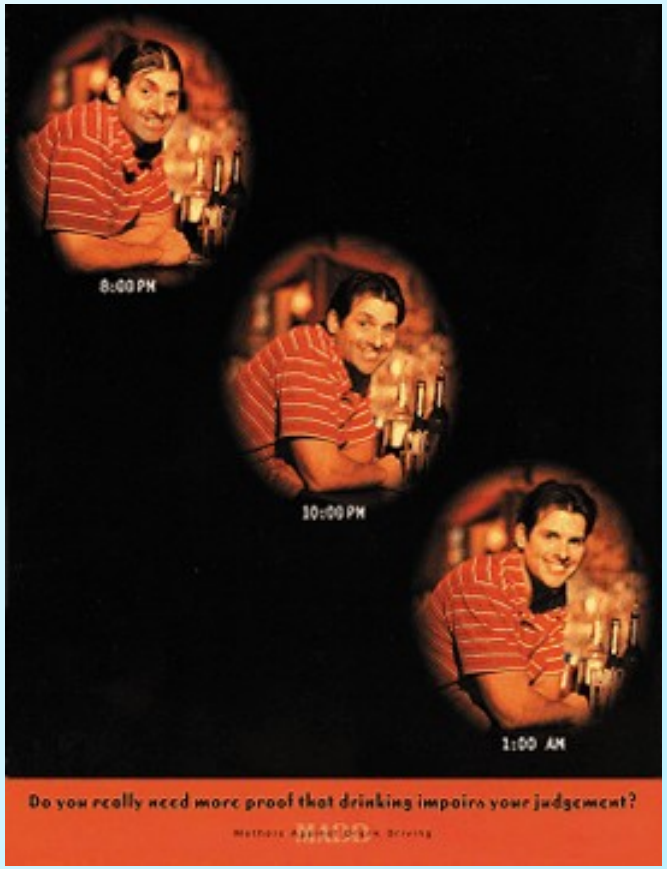
- Drifting or weaving.
- Speeding or driving too slowly.
- Giving inconsistent signals.
- Braking erratically.
- Stopping for no apparent cause.
- Accelerating or slowing down rapidly.
- Driving with their head out of the window or with the window down in cold weather.

Source: Marine Corps Logistics Base, Barstow/Critical Days of Summer

Drive to Arrive

101 DAYS OF SUMMER SAFETY 2006

Do you really need more proof that drinking impairs your judgment?



Source: Mothers Against Drunk Driving

Traffic Mishaps

Fatal Factors

DROWSY DRIVING

Just like drugs or alcohol, sleepiness slows reaction time, decreases awareness, and impairs judgment. Just like drugs or alcohol, it can be fatal when driving.

- Death rates based on mileage were 2.5 times higher at night than during the day in 2002.
- 37% of drivers surveyed by NHTSA admitted to falling asleep at the wheel at some point in their driving career.
- The drivers at highest risk are:
  - third-shift workers
  - people that drive a substantial number of miles each day
  - people with prescribed medication with sedatives

Source: National Safety Council/Crash-Free June Fact Sheet 2004

Stay Alert on the Road

Traffic Mishaps

Fatal Factors

FAILURE TO YIELD THE RIGHT-OF-WAY

Failure to yield the right-of-way, America's second most common driver error, is not just a breach of driver etiquette, it's breaking the law!

- Right-of-way violations were reported as a factor in 16.4% of all accidents in 2002.
- Right-of-way violations were responsible for more non-fatal injury accidents in 2002 than any other improper driving behavior.

Source: National Safety Council/Crash-Free June Fact Sheet 2004

Mind Your Driving Manners

Traffic Mishaps

NOT USING SEAT BELTS

Fatal Factors

Traumatic injuries from motor vehicle crashes are the leading cause of death in the United States for persons 1 to 34 years of age; however, proper use of seat belts can reduce the risk of fatal injury to front seat passenger car occupants by 45 percent.

- Motor vehicle crashes are the leading cause of death for the military, outweighing other causes, including training accidents and combat.

- People who are ejected are 40 times more likely to die.

Drive Smart.
Buckle Up!

101 DAYS OF SUMMER SAFETY 2006

Traffic Mishaps

Motorcycle Safety

DON'T BE A MOVING TARGET!

Over two-thirds of car-motorcycle crashes are caused by drivers, not motorcyclists. The driver either does not see the oncoming motorcycle at all or does not see the motorcyclist in time to avoid a crash. Operating a motorcycle requires significantly more skill than operating an automobile. Riding places higher demands on reflexes, coordination, balance, and awareness; leaving little margin for error.

Source: Campaign Safe and Sober/National Highway Traffic Safety Administration

Motorcycle Safety Checklist

101 DAYS OF SUMMER SAFETY 2006

Traffic Mishaps

Driving in the Rain

WET ROAD CONDITIONS MAY BE DANGEROUS.

Sometimes we have the privilege of preparedness; other times Mother Nature mounts a sneak attack and we encounter a bad storm. Remember the saying "Expect the Unexpected?" Knowing how to handle your vehicle in dangerous weather will prevent panic when you are forced into driving in a storm.

- **Weather-Wise Safety Checklist**

101 DAYS OF SUMMER SAFETY 2006

Traffic Mishaps

TRAFFIC SAFETY TIPS

- Safe at Any Speed
- Cool It On the Road
- Don't Drive Distracted
- Drive to Arrive
- Stay Alert On the Road
- Mind Your Driving Manners
- Drive Smart. Buckle Up
- Motorcycle Safety Checklist
- Weather-Wise Checklist
- Prepare Your Car, Yourself, and Your Passengers
- Driving Preparations Checklist

Traffic Mishaps

Safety Tips

SAFE SPEED

- Know the current speed limit.
- Assess current driving conditions and adjust your speed to those conditions. Under certain conditions, the posted limit may be too fast.
- Allow enough time to reach your destination. If you are running late, call ahead. Do not rush.
- Check the speedometer.
- Recheck the speedometer.
- Slow down when being tailgated to encourage the other driver to pass. Do not speed up.
- Reduce speed in work and school zones. Be cautious and alert.

Traffic Mishaps

Safety Tips

COOL IT ON THE ROAD

- Drive in the appropriate lane and allow enough distance between your vehicle and the one ahead of you.
- Don’t worry about the behavior of other drivers; concentrate on driving safely.
- Plan your trips with enough time so that you don’t feel rushed.
- Don’t drive when angry, upset, or overly tired.
- Listen to music or think about something pleasant. Make the space inside the vehicle comfortable.
- Personalize other drivers. Remember that every driver is someone’s family member or friend.

Traffic Mishaps

Safety Tips

DON'T DRIVE DISTRACTED

- Make adjustments to vehicle controls – such as radio, air conditioning, or mirrors – **before** beginning to drive or **after** the car is no longer in motion.

- Don't reach down or behind the driver's seat, pick up items from the floor, open the glove compartment, clean the inside windows, or perform personal grooming while driving.

- If you must use a cell phone:
  - Don't use the phone in demanding traffic situations.
  - Try to use a hands-free model.
  - Never take notes or look up a phone number while driving.
  - Use memory dialing or directory assistance while making calls from the car.
  - Designate a front-seat passenger to serve as "co-pilot" rather than fumble with maps.

- Keep your eyes on the road, hands on the wheel, and your mind on the drive.

Traffic Mishaps

Safety Tips

DRIVE TO ARRIVE

- It cannot be emphasized enough: **If you are drinking, do not drive!**
- Choose a designated driver. A designated driver is not someone who is the most sober; **it's someone who did not drink at all!**
- Strictly enforce a **zero-tolerance** policy when it comes to alcohol and the young drivers in your family. Give them the guidance they need to deal with peer pressure and to make wise choices.
- **Wear your seatbelt.** There is no better defense against drunk drivers.
- Enjoy food with your alcoholic beverages; don't drink on an empty stomach.
- Be a responsible host. If you're entertaining guests, don't let your friends drive home if they've had too much to drink. Call them a cab or ask them to spend the night.

Traffic Mishaps

Safety Tips

STAY ALERT ON THE ROAD

- Maintain a regular sleep schedule that allows adequate rest.
- Learn to recognize the symptoms of fatigue:
  - Eyes closing or going out of focus
  - Persistent yawning
  - Irritability, restlessness, and impatience
  - Wandering or disconnected thoughts
  - Inability to remember driving the last few miles
  - Drifting between lanes or onto shoulder
- When the signs of fatigue begin to show, **get off the road!** Take a short nap in a well-lit area. **Do not** simply stop on the side of the road.
- When planning long trips:
  - Share driving responsibilities with a companion.
  - Begin the trip early in the day.
  - Stop every 100 miles or 2 hours to get out of the car and walk around; exercise helps to combat fatigue.
- Avoid driving between 12 a.m. and 6 a.m.

Traffic Mishaps

Safety Tips

MIND YOUR DRIVING MANNERS

- Take caution when entering the roadway from a private drive. You must yield right-of-way to vehicles, bicycles, and pedestrians.

- When approaching an intersection:
  - Cover the brake. Covering the brake cuts three-fourths of a second off your reaction time to stop.
  - Observe yield signs and yellow lights. Slow down to assess the intersection before deciding to stop or proceed through
  - Delay acceleration. When stopped at an intersection, make sure it's clear before you accelerate.
  - Use the "rule of thirds." In the first third of the block, accelerate to a safe and legal speed. In the second third, maintain speed. In the final third, cover the brake.

- Reduce speed and yield to pedestrians in work zones and school zones.

101 DAYS OF SUMMER SAFETY 2006

Traffic Mishaps

DRIVE SMART. BUCKLE UP!

Safety Tips

- Buckle up even when only driving a short distance. **Three of four fatal crashes occur within 25 miles of home.**
- If you wear a seat belt every time you get into a vehicle, you're more likely to:
  - **Get to where you're going on time.** Wearing a seat belt isn't just a good idea, it's the law!
  - **Hold onto your hard-earned cash.** Seat belt tickets can mean hefty fines and, in some places, points on your license.
  - **Prevent disabling injuries and scarring.** Every 15 seconds, someone is injured in a traffic crash. If you're not buckled up, you could be thrown through a window, sent skidding along the pavement or be crushed under a vehicle in a crash.
  - **Live.** Someone is killed in a crash every 13 minutes. However, seat belts save over 11,000 lives each year, and they can help you maintain control of your car in a crash.
- **Set the example.** Teen deaths occur four times more often in vehicles with TWO or MORE people. Children and younger brothers/sisters imitate behavior they see.
- If you're driving with small children, make sure they are secured properly in age-appropriate child safety seat.

MOTORCYCLE SAFETY CHECKLIST

- Don't assume that you are visible to a driver.
- Use high beams rather than low beams and consider using a modulating headlight if your state allows it.
- Clearly communicate your intentions by signaling appropriately.
- Make sure your motorcycle "fits" you by adjusting handlebars, suspension and floorboards well in advance of your trip.
- Wear bright clothing; dress in layers.
- Never ride in someone's blind spot and always expect the unexpected.
- Plan your trip and check road and weather conditions before embarking.
- Make sure you stay within the recommended load capacity of your motorcycle.
- Safety courses should be taken on a regular basis, regardless of riding experience.

WEATHER-WISE SAFETY CHECKLIST

Traffic Mishaps

Vehicle Safety

- Understand that visibility is often impaired; turn on your lights.
- Keep windshield wipers on and make sure they are in good condition.
- Use the defroster or air conditioner to cut the condensation on the inside of the windows.
- Slow down, but keep moving. Don't stop unless you can get completely off the road.
- Be careful of large puddles, they can make your brakes less effective.
- On wet pavement, apply brakes smoothly and evenly to avoid hydroplaning. If you do lose control, take your foot off the gas and do not apply the brakes suddenly.
- Never drive through flood water more than six inches deep. If you encounter a flooded area, turn around. If your car stalls, abandon it immediately, and climb on higher ground.
- Antilock brakes are designed to overcome a loss of steering control. To make antilock brakes work correctly, or work at all, you should apply constant, firm pressure to the pedal.
- Stay farther behind the car in front of you and minimize lane changing.

Source: Business and Legal Reports, Inc./Safety Meetings Library on CD-ROM, July 1999

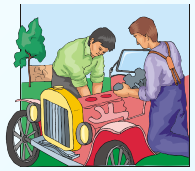
101 DAYS OF SUMMER SAFETY 2006

Traffic Safety Tips

PREPARE YOURSELF, YOUR PASSENGERS, YOUR VEHICLE

You may have taken any number of long road trips before and think you know just how to do it right. When you make a plan, however consider these points:

- **About your car**



Obviously, you will want to make sure that your tires have good treads and are inflated properly. Make sure all fluids are at the right levels and there are no leaks. Once on the road, keep an eye on warning lights indicating operational problems.

- **About other drivers**

Know how you will react when another driver cuts you off or makes a rude gesture. There are thousands of roadway aggression incidents each year. The National Highway Traffic Safety Administration estimates that about one-third of all motor-vehicle collisions could be traced to aggressive driving.

- **About yourself**

Get a good night's rest before you head for the road. Remember that hunger and lack of exercise can contribute to fatigue caused by driving for long periods of time. Know where you can stop, eat, exercise, and nap before you leave.

- **About your passengers**

It's a good idea to have one of your passengers be a licensed driver so you can alternate driving. Be sure to take with you any medications those in the car might need. If you are taking kids, then games, videos, and light snacks will keep them entertained. And remember, everyone in the car must be belted.

101 DAYS OF SUMMER SAFETY 2006

Traffic Mishaps

DRIVING PREPARATIONS CHECKLIST

- ☑ Make sure your car is in good working condition. Check belts, hoses, tires, and fluids.
- ☑ Prepare for the unexpected. Have a properly inflated spare tire, a cell phone, a first-aid kit, a flashlight, an auto service card, fire extinguisher, water, and blanket.
- ☑ Check doors locking mechanism, windows, car alarm (if your car doesn't have one, get a club for your steering wheel).
- ☑ Carry enough cash for food and gas.
- ☑ Don't forget health insurance cards, medications, and emergency phone numbers.
- ☑ Familiarize yourself with the map, check road and weather conditions, and listen to traffic advisories.
- ☑ Make sure the doors lock properly and the windows roll up or down.
- ☑ If traveling with young children, make sure their child safety seats are in good condition. Inspect for wear and tears, check car seat recall websites, or visit your local fire station for proper installation.
- ☑ Notify relatives and trusted friends of your travel itinerary.

101 DAYS OF SUMMER SAFETY 2006

The No. 1 Cause of Injuries

RECREATION AND OFF-DUTY MISHAPS

The beginning of summer means it's time to play ball, go fishing, hike, camp, or just have a backyard barbecue. Whatever your pleasure, apply risk management when planning those activities. Most of the things that can hurt you or go wrong are easy to anticipate and avoid. We can take active steps to keep our success in Operation Iraqi Freedom from being marred by mishaps on leave or liberty.

- **Leading Causes of Recreation Deaths & Injuries**
- **Recreation Safety and Survival Tips**

Recreation and Off-Duty Mishaps

LEADING CAUSES OF RECREATION DEATHS AND INJURIES

- Drowning
- Falls
- Outdoor Recreation
- Team and Contact Sports
- Water Sports

Recreation and Off-Duty Mishaps

DROWNING

Leading Causes of Deaths & Injuries

Each year hundreds of lives are lost...thousands are injured...and millions of dollars of property damage occurs because of preventable recreational boating accidents on U.S. waterways. Too often pleasure outings turn tragic. You – as a boat operator, passenger, or concerned individual – can make a difference.

- The 5,705 boating accidents reported in 2002 resulted in 750 fatalities, 4,062 injuries, and $39,185,172 in property damage.
- Seventy percent of all fatal boating accident victims drowned (524 out of 750). Nearly 85% of the victims who drowned were not wearing their personal flotation device (PFD or lifejacket). Overall, fatal accident data show approximately 440 lives could have been saved last year if boaters had worn their lifejackets.
- Operator inattention, carelessness/reckless operation, operator inexperience, and excessive speed are the leading contributing factors of all reported accidents.

Source: U.S. Coast Guard Boating Statistics 2002.

Stay Afloat

Recreation and Off-Duty Mishaps

Leading Causes of Deaths & Injuries

FALLS

Falls are the primary cause of home and community unintentional-injury deaths, especially among older adults, followed by poisonings and fires and burns. According to the National Safety Council, deaths from unintentional injuries in homes jumped by 9 percent, to 30,800, in 1999. An additional 7,400,000 people were seriously injured in the home, according to the estimates.

- Medical expenses, property damages, employer costs, fire losses and other expenses related to unintentional injuries cost Americans an estimated $480.5 billion each year. The cost is equivalent to 59 cents of every dollar spent on food in the U.S. in 1998.
- In public places there is a fatality every 26 minutes and a disabling injury every 5 seconds. Deaths and injuries in public places include sports, recreation and non-motor vehicle transportation-related injuries.
- According to recent national data, falling from an elevation or on a same level surface, results in nearly one-third of all lost-time work injuries among livestock farmers in the United States.

Source: National Safety Council

Fall-Proofing Tips

Recreation and Off-Duty Mishaps

Leading Causes of Deaths & Injuries

OUTDOOR RECREATION

Many families will head to community parks and national forests this summer to enjoy the great outdoors and participate in activities such as camping, hiking, desert trips, and ATV or bike riding. Some will choose to stay home for backyard cook-outs and park outings. Part of this summer adventure is surviving the outdoor elements that can be unpredictable, such as adverse weather conditions and wild animals or poisonous insects. Being prepared for the elements that may cause injuries or fatalities will make the summer a memorable one.

Surviving the Elements

Recreation and Off-Duty Mishaps

Leading Causes of Deaths & Injuries

TEAM AND CONTACT SPORTS

Team sports produce more injuries for Sailors and Marines than any other recreational activity. Basketball has the highest percentage of disabling injuries among team sports. Softball and football are the next largest producers of lost-time injuries.

Source: Naval Safety Center Shore Safety Programs/Recreation

Playing It Safe

101 DAYS OF SUMMER SAFETY 2006

Recreation and Off-Duty Mishaps

Leading Causes of Deaths & Injuries

WATER SPORTS

A variety of factors contribute to water-sports mishaps. Too many people do not consider the danger of rough water conditions and underestimate the power of their watercraft. Exercise risk management before boarding any water craft. Identify the hazards and make sound decision

- In 2002 recreational boaters were involved in 239 accidents involving motor or propeller strikes. Forty-seven of these resulted in death.
- Recent boating fatalities revealed that carbon monoxide [CO] emitted from a vessel's exhaust resulted in CO poisoning and the death of teak surfers.
- Recreational fishing was the most popular activity on the boat operated most often (51%) and cruising was the second most popular (44%). About 29% of boat operators reported that they swam or dove off their boats.

Source: U.S. Coast Guard

You Are the Key to Water Safety

Recreation and Off-Duty Mishaps

Safety and Survival Tips

STAY AFLOAT…IN THE POOL

- Always have a first-aid kit and emergency phone contacts handy. Adults should be trained in CPR (cardiopulmonary resuscitation).
- Always use approved personal floatation devices (life jackets.)
- Barriers can offer added protection against drowning. Power or manual covers will completely cover a pool and block access to the water, however, be sure to drain any standing water from the surface of the pool cover as a child can drown in very small amounts of water.
- Remove toys from in and around the pool when not in use. They can attract children to the pool.
- Never leave a child alone near water – at the pool, the beach or in the tub.
- Enroll children over age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof."
- Older children risk drowning when they overestimate their swimming ability or underestimate the water depth.

Recreation and Off-Duty Mishaps

Safety and Survival Tips

STAY AFLOAT...IN YOUR BOAT

- Always use approved personal floatation devices (life jackets), and make sure your passengers do, too. The U.S. Coast Guard estimates nearly 9 of 10 drowning victims were not wearing one.
- Learn to swim. Sooner or later, you're going in, and you don't want to have to rely on a life preserver or a passenger.
- Don't drink while boating. It leaves you tipsy, both mentally and physically. More than half of the people who drown in boating accidents had been drinking.
- Before you launch, tell someone where you're headed and when you'll be back at the dock. In an emergency, rescuers will need to know where to start looking.
- Keep learning about boats and the water. Groups including the U.S. Power Squadron and the Coast Guard Auxiliary teach classes in navigation, weather and emergency procedures.
- Check the forecast and watch the weather while you're underway. If you see or hear a storm, get back to land.

Recreation and Off-Duty Mishaps

Safety and Survival Tips

FALL-PROOFING YOUR HOME

- Remember these points when fall-proofing your home:
  - Use sturdy wooden tables with rounded corners, instead of glass.
  - Keep electrical and telephone cords out of walkways.
  - Secure all carpet with double back tape and install slip-resistant finishes in bathtubs.
  - **Remove hazards.** Harmless-looking items like a child's crayon or a magazine on the floor can easily cause a fall.
  - Install handrails on stairways and bathtubs and make sure they are securely attached to the wall.
  - Clean up grease, water and other liquids immediately. Don't wax floors.
  - **Keep your windows closed and locked when children are around.** When opening windows for ventilation, open windows that children cannot reach. Also, set and enforce rules about keeping children's play away from windows and/or patio doors.
  - Keep furniture – or anything children can climb – away from windows.
  - Use appropriate ladders and step-stools to get out-of-reach items. Pay attention to warning labels on ladders.

Source: National Safety Council

Recreation and Off-Duty Mishaps

Safety and Survival Tips

FALL-PROOFING YOUR WORKPLACE

- Some important hints for reducing slip and fall injuries at work:
  - Keep your eyes and mind on the job at hand. Don't be caught daydreaming in slippery and dangerous work areas.
  - Use appropriate ladders and step-stools to get out-of-reach items. Pay attention to warning labels on ladders.
  - Install guardrail, safety net or personal fall arrest system in construction sites.
  - Repair carpet tears immediately.
  - Use safety cord covers to provide protection for power cords in high-traffic areas.
  - Stack boxes neatly and at an acceptable level.
  - Allow plenty of time to complete chores. This reduces the need to rush!
  - If working in a wet area, wear slip resistant footwear and keep the footwear clean of mud and debris.
  - If working in a farm, keep farm machinery, grain bin and silo steps, and ladders free of mud build-up.
  - Make sure that adequate handrails are present to prevent falling from ladders and steps.

Source: National Safety Council

Recreation and Off-Duty Mishaps

Safety and Survival Tips

PREVENTING FALL INJURIES OUTDOORS

- Supervise children in the playground and pay particular attention to tall equipment that provides an easy way up (or into) but not down (or out).

- Climbing can be hazardous. Some Navy and Marines have been killed while rock climbing. Take training classes and climb with appropriate equipment and an experienced buddy.

- If participating in recreational parachuting, follow these simple steps:
  - Attend an approved United States Parachuting Association (USPA) course of instruction given by a certified USPA instructor.
  - Learn to fly defensively - anticipate the actions of others.
  - Watch out for slower traffic below and faster traffic above.
  - Create a safer situation by landing in a different place than everyone else and/or at a different time and avoid radical landings.
  - Know your emergency procedures.

Source: Naval Safety Center Shore Safety Programs/Recreation

eation and Off-Duty Mishaps

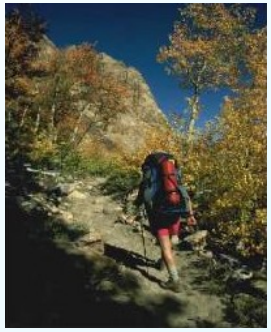
Safety and Survival Tips

SURVIVING THE ELEMENTS: CAMPING

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- Check weather forecasts before you leave.
- Use water-repellant and wind-resistant material for tents and sleeping bags.
- Wear proper fitting layer clothing, boots & cap.
- Apply insect repellant and/or mosquito netting.
- Bring a cooler for perishable foods.
- Do not use combustible materials within 10 feet of campfire.
- If you have a medical condition, check with your physician before heading out.
- Pack a first-aid kit; include special medications for members of your group.

Sources: Naval Safety Center Shore Safety Programs/Recreation



Recreation and Off-Duty Mishaps

Safety and Survival Tips

SURVIVING THE ELEMENTS: HIKING

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- Review supplies, equipment, and skills you may need, such as an internal/external-frame backpack, first-aid kits, a flashlight, a compass, maps, and a whistle in case you get lost.
- Always hike with a buddy or a group of four. In case someone is hurt, another can stay with the victim while two go for help. Also, tell someone where you're heading.
- Wear absorbent clothing to prevent hypothermia in case of exposure to water or cold temperature. It is always best to layer your clothing.
- Wear the proper hiking boots and make sure you waterproof them at least 24 hours before heading out. If buying brand-new boots before your hike, make sure you break them in to avoid hot spots that can turn to blisters.

Source: Naval Safety Center Shore Safety Programs/Recreation

101 DAYS OF SUMMER SAFETY 2006

Recreation and Off-Duty Mishaps

Safety and Survival Tips

SURVIVING THE ELEMENTS:

DESERT

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- **Carry Plenty of Water.** There are no dependable sources of water in the desert regions. One gallon of water per person, per day is the absolute minimum that should be carried. When planning a hike, remember that water weighs approximately 8 pounds per gallon. When the water is half gone, it is time to turn back. Don't forget extra water for your vehicle. DO NOT RATION YOUR WATER. It will only do you good if you drink it.
- **Dress Properly**. In summer, layered clothing slows dehydration and minimizes exposure. Good hiking shoes, loose fitting natural-fiber clothing, a wide brimmed hat, sunglasses and sunscreen are a must. Desert temperatures can reach over 90° F. and drop below 50° F. in one day. Summer temperatures can reach 125° F. in some locations.
- **Plan Your Trip Carefully.** Always tell someone where you are going and when you will return. Learn how to use a map and a compass before you hike. It is easy to become disoriented in the desert where many landmarks and rock formations look similar.

Recreation and Off-Duty Mishaps

Safety and Survival Tips

SAFETY ON THE WHEELS: BICYCLES AND NON-POWERED SCOOTERS

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- Always wear a properly-fitted helmet. Use of Consumer Product Safety Commission (CPSC)-approved bicycle helmet is mandatory when riding on DON installations.
- Do not use portable headphones or other listening devices while riding.
- Wear light-colored clothing in the daytime and reflective gear for nighttime.
- Pay attention to obstacles. Losing control because of excessive speed, alcohol, maneuvering to avoid other vehicles or pedestrians lead the way to bicycling mishaps.
- Ride with traffic and avoid high-density areas such as boardwalks and busy intersections, if possible.

Source: Naval Safety Center Shore Safety Programs/Recreation

Recreation and Off-Duty Mishaps

Safety and Survival Tips

SAFETY ON THE WHEELS: OFF-ROAD MOTORCROSS ATVs

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- Proper training is a must when riding these recreational vehicles. For required training, contact your base safety office.
- The following protective personal equipment is required for off-road motorcycles and all-terrain vehicles (ATVs):
  - A Department of Transportation-approved helmet with fastened chin strap.
  - Impact or shatter-resistant eyeglasses, goggles, or face shield attached to the helmet.
  - Brightly colored outer upper garment during the day and a reflective outer garment during the night. Wear long-sleeved shirt or jacket, long-legged trousers and full-finger leather or equivalent gloves and sturdy footwear.
- Do not drink alcohol before or during operation of these vehicles.
- Use a buddy system and stay on designated trails.

Source: Naval Safety Center Shore Safety Programs/Recreation

Recreation and Off-Duty Mishaps

Safety and Survival Tips

FIREWORKS

The U.S. Consumer Product Safety Commission (CPSC) monitors a sample of hospital rooms and produces annual injury estimates associated with a number of consumer products based upon the injuries that are recorded on these selected hospitals. Using this data, CPSC estimates that 8,800 people were treated for fireworks-related injuries in 2002.

- Attend professional displays.
- If you decide to have a display make sure fireworks are legal.
- Never try to relight fireworks that have not fully functioned.
- Keep fireworks away from children.
- Check the package for instructions on storage and use.
- Keep a bucket of water in case of a malfunction or fire.

Source: Naval Safety Center Shore Safety Programs/Recreation and U.S. Consumer Product Safety Commission.

101 DAYS OF SUMMER SAFETY 2006

Recreation and Off-Duty Mishaps

Safety and Survival Tips

COOK-OUTS & GRILLING

A trip to the barbecue grill could net you more than a tasty meal, particularly when mixing charcoal with gasoline or lighter fluid or when using an improperly vented propane grill. Summertime chefs can reduce the chance of serious injury by adhering to simple safety precautions.

Cooking On Charcoal Grills

- Place grill in well-ventilated area and away from children's play area.
- Wear tight fitting clothing.
- Stand up wind when lighting the fire.
- Do not use flammable liquids, such as gas, to start the fire or to relight the coals.
- Be in attendance at all times.
- Before disposing of coals, make sure they are cold.

Cooking With Propane Grills

- Place grill in well-ventilated area and away from children's play area.
- Check valves and hoses for leaking gas.
- Read manufacturer's instructions when lighting grill.
- Raise hood before turning on gas.
- Transport and store gas cylinders in an upright position.

Recreation and Off-Duty Mishaps

Safety and Survival Tips

AVOIDING HEAT EXPOSURE

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations it will decrease your susceptibility to them.

- Drink fluids in the right amount to avoid dehydration and hyponatremia (deficiency of sodium in the blood).
- Wear light-colored, loose-fitting clothing.
- Wear a wide-brimmed hat to keep your head and face cool, and for added protection from damaging sun exposure. The neck, face and ears should be protected.
- Wear sunscreen that has an SPF of at least 15. Make sure children are also adequately protected.
- Monitor those at risk - previous heat injury/elderly.
- On the job, follow work/rest cycles.
- Good physical conditioning and proper weight is key.

101 DAYS OF SUMMER SAFETY 2006

Recreation and Off-Duty Mishaps

Safety and Survival Tips

PREVENTING HEAT INJURIES

Heat stroke, heat exhaustion, heat cramps and heat rash are possible when your become overexerted in the heat. Put your health first in order to enjoy the summer. To prevent fatal injuries, know the signs of heat injuries and the steps to take to minimize risk.

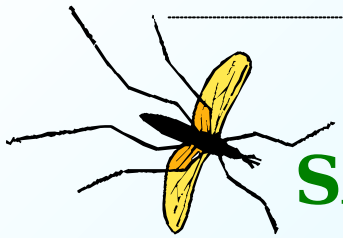
- **Heat Cramps.** Heavy sweating; painful spasms usually in the leg or abdomen muscles. **Provide cool water, shade, and monitor.**

- **Heat Exhaustion.** Person experiences nausea, dizziness, weakness, headache, pale and moist skin, heavy perspiration, normal or low body temperature, weak pulse, dilated pupils, disorientation, fainting spells. **Provide water, shade, elevate feet and seek immediate medical attention.**

- **Heat Stoke.** Person experiences headache, dizziness, confusion, rapid/strong pulse, and hot dry skin, high body temperature of 106 or higher possibly leading to vascular collapse, coma, and death. **Move to a cool shaded area, soak victim with water and fan, elevate feet and seek immediate medical attention. This is a medical emergency.**

Sources: Naval Safety Center Shore Safety Programs/Recreation

101 DAYS OF SUMMER SAFETY 2006



Recreation and Off-Duty Mishaps

Safety and Survival Tips

SAY "BUG-OFF" TO BUGS!

Insect bites and stings are common, and most are considered minor. It is only when the insect is poisonous or when the patient has an allergic reaction and runs the risk of developing anaphylactic shock that the situation becomes an emergency. Even under those conditions, accurate diagnosis and prompt treatment can save lives and prevent permanent tissue damage.

- **Preventive measures:**
  - Destroy all nests around your living place.
  - Keep your feet covered outdoors.
  - Avoid bright colored clothing/perfumery products.
  - Prefer to wear tight rather than loose clothing.
  - When you encounter the insect, stand still or retreat slowly. If it lands on skin, quickly brush it off.
  - Use a personal first-aid kit on individuals with allergies.

101 DAYS OF SUMMER SAFETY 2006

Recreation and Off-Duty Mishaps

Safety and Survival Tips

SAY "BUG-OFF" TO BUGS!

MOSQUITOES

- Mosquitoes deliver an itchy bite and can spread disease. Most active at dawn and dusk. Protect yourself by following these protective measures:
  - Use repellent with DEET. Read label before use and carefully follow directions. Take special care when using repellents on children.
  - When going out, wear a long sleeve shirt, long pants and a hat.
- **One way to prevent mosquitoes from spawning is to control the elements that provide breeding grounds for them:**
  - Get rid of all standing water.
  - Change water in birdbaths, fountains, wading pools and animal troughs at least once a week.
  - Clean gutters in spring and fall to ensure proper drainage.
  - Fix leaky sprinklers and faucets.
  - Repair or replace screens.

101 DAYS OF SUMMER SAFETY 2006

Recreation and Off-Duty Mishaps

Safety and Survival Tips

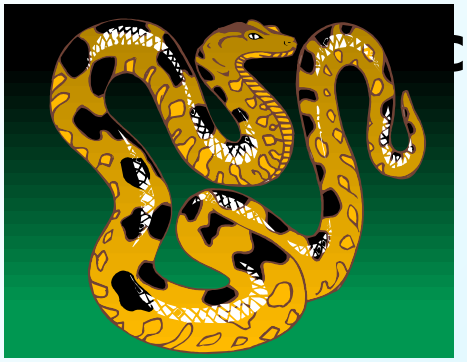
SAY "BUG-OFF" TO BUGS!

BLACK WIDOW SPIDER

- The black widow is a spider with a shiny black body, thin legs and an hourglass shaped red/white mark on its abdomen. The female is much larger than the male and is one of the largest spiders in the United States. Males generally do not bite. Females bite only when hungry, agitated or protecting the egg sac. The black widow is not aggressive. They are usually found in dry, secluded, dimly lit areas. More than 80 percent of all bite victims are adult men.

  It is a neurotoxin that causes little local reaction but does cause pain and spasms in the larger muscle groups of the body within 30 minutes to three hours. Severe bites can cause respiratory failure, coma and death.

  Black widow spider bites are the leading cause of death from spider bites in the United States. The venom is 14 times more toxic than rattlesnake venom.



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Safety and Survival Tips

PREVENTING SNAKE BITES

Poisonous snakes live on or near the ground and often like rocks, wood piles and other spots that offer both a place to sun and a place to hide.

- Watching where you step, put your hands, or sit down is one of the best ways to prevent snake bites.
- Snakes avoid your huge body, but will definitely bite if stepped on or otherwise trapped.
- Most bites occur in and around the ankle. About 99 percent of all bites occur below the knee, except when someone accidentally picks up or falls on the snake.

ecreation and Off-Duty Mishaps

Safety and Survival Tips

AVOIDING LIGHTNING INJURIES

Florida, Texas and North Carolina (areas with large concentrations of Marines and Sailors) consistently rank as the top three states for lightning related deaths. Since lightning can't be stopped or prevented, you need to know what actions to take during lightning.

- Stay inside away from doors and windows;avoid contact with corded phones, electrical equipment or cords and plumbing (don't wash hands, shower, wash dishes or do laundry)

- If outdoors, stay away from water, metal objects and trees. Crouch down, put your feet together, duck your head, place hands over ears to minimize hearing damage from thunder.

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ation and Off-Duty Mishaps

Safety and Survival Tips

PLAYING IT SAFE

- Sports injuries are inevitable, but there are some things you can do to help prevent them:
  - Make sure you have the proper skills and training before participating in any sport.

  - Use the proper protective gear for a particular sport. This may lessen the chances of being injured.

  - Minimize the chance of muscle strain or other soft-tissue injury by warming up before starting. Cool down later to loosen the body's muscles.

  - Apply sunscreen and wear a hat (where possible) to reduce the chance of sunburn.

  - If a person receives a soft-tissue injury (a sprain or a bone injury), immediate treat with RICE (Rest, Ice, Compression, Elevation).

  - Schedule frequent water breaks during practices and games, and use misting sprays to keep the body cool.

Recreation and Off-Duty Mishaps

Safety and Survival Tips

YOU ARE THE KEY TO WATER SAFETY

Operator's Responsibilities

Your water fun depends on you, your equipment and other people who, like yourself, enjoy spending leisure time on, in or near the water. Let's take a look at your responsibilities:

- Make sure the boat is in top operating condition and that there are no tripping hazards.
- The boat should be free of fire hazards and have clean bilges.
- Safety equipment, required by law, is on board, maintained in good condition, and you know how to properly use these devices.
- File a float plan with a relative or friend.
- Have a complete knowledge of the operation and handling characteristics of your boat.
- Know your position and know where you are going.
- Maintain a safe speed at all times to avoid collision.
- Keep an eye out for changing weather conditions, and act accordingly.
- Know and practice the Rules of the Road (Navigation Rules).
- Know and obey Federal and state regulations and waterway markers.
- Maintain a clear, unobstructed view forward at all times. "Scan" the water back and forth; avoid "tunnel" vision. Most boating collisions are caused by inattention.

Source: U.S. Coast Guard

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